

#MOVE WITH US **LEADERS ACADEMY**

Name:

LEARNING LOG

So, you think you might want to...

#MOVE WITH US?

For some, their activity might be skateboarding and football, others walking and yoga. But whatever it is, Move With Us can highlight the local opportunities to you on our activity finder, support you to try something new over on our online channel, or discover some support links to help you take the first step.

HOW CAN WE SUPPORT YOU TO FIND YOUR ACTIVE?

Our **activity finder** is here to help you discover the physical activity and sport opportunities that are available near you! Use filters to tailor what you're looking for, so you can join something with other like-minded young people.

Or build your confidence and try something brand new for free, using our **Find Your Active YouTube** channel, with over 50 activities to choose from!

Discover the activity that's right for you.



@ActiveEssex



@FindYourActive_



@FindYourActive



www.activeessex.org



Welcome

to the Move With Us Leaders Academy!

Active Essex is committed to supporting the next generation of Leaders, Volunteers and Coaches who would like to develop within the Sport and Physical Activity sector and beyond. You as Young Leaders are doing some fantastic work supporting children and young people so far, therefore Active Essex would like to offer you additional learning and development opportunities for our next generation, as well as recognise the great work you are doing!

CHECKLIST

(Tick once complete)

- ☐ I have been briefed about health and safety, safeguarding and first aid
- ☐ I have been introduced to the procedures and processes of the club
- ☐ I have been made clear of my roles and responsibilities
- ☐ I know how I need to behave and what the expectations are
- ☐ I have completed my learning log at the end of each week

JOIN US!

Being a part of this programme will give you the opportunity to gain valuable experience in community sport settings, help build your confidence and develop skills! The Move With Us Leaders Academy will offer you:

- ★ Further volunteering opportunities
- ★ Recognition for your volunteering hours
- ★ Access to training and qualifications from a range of providers
- ★ To work alongside industry experts to build your confidence and enhance your CV

GOALS

**THINK OF TWO THINGS YOU WANT TO ACHIEVE
BY THE END OF YOUR TRAINING EXPERIENCE...**

1

2



COLLECT YOUR BADGES!

There are three badges up for grabs to add to your lanyard when you have demonstrated the Move With Us Leaders Academy principles throughout your time in the programme.



Display great qualities of motivation in consistently volunteering to help others through the delivery of the sessions.



To go the extra mile in supporting the club in a wide range of tasks e.g. arriving early, setting and packing up.



The skills and knowledge of what makes a good leader and showing empathy within the club setting.



Don't forget, references are available following your time on the programme!

Scan the QR code to visit the Move With Us Leaders Academy webpage and access further resources, support and guidance!



Contact the 'Children and Young People' team with any questions or support you may need:
cyp@activeessex.org

WEEK 1



DATE:



HOURS COMPLETED:

MENTOR
NAME:

ACTIVITIES COMPLETED:



HOW HAS YOUR WEEK BEEN? *(Circle Answer)*



TELL US ABOUT YOUR WEEK...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

WHAT HAVE YOU LEARNT?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



WEEK 2

MENTOR
NAME:



DATE:



HOURS COMPLETED:

ACTIVITIES COMPLETED:



TELL US ABOUT YOUR WEEK...

WHAT HAVE YOU LEARNT?

HOW HAS YOUR WEEK BEEN? *(Circle Answer)*



WEEK 3



DATE:



HOURS COMPLETED:

MENTOR
NAME:

ACTIVITIES COMPLETED:



HOW HAS YOUR WEEK BEEN? *(Circle Answer)*



DON'T FORGET TO CHECK
OUT THE ONLINE
RESOURCES!

SCAN ME



TELL US ABOUT YOUR WEEK...

WHAT HAVE YOU LEARNT?

YOU ARE NOW OVER HALF WAY THROUGH THE PROGRAMME!

MENTOR FEEDBACK

WEEK 4

MENTOR
NAME:



DATE:



HOURS COMPLETED:

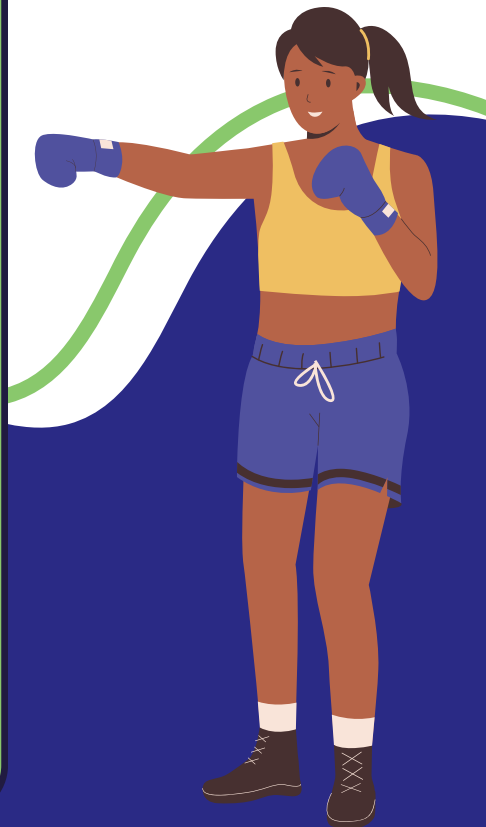
ACTIVITIES COMPLETED:



TELL US ABOUT YOUR WEEK...

WHAT HAVE YOU LEARNT?

HOW HAS YOUR WEEK BEEN? (Circle Answer)



WEEK 5



DATE:



HOURS COMPLETED:

MENTOR
NAME:

ACTIVITIES COMPLETED:



HOW HAS YOUR WEEK BEEN? *(Circle Answer)*



TELL US ABOUT YOUR WEEK...

WHAT HAVE YOU LEARNT?

TIME TO REFLECT



Q1 What have you enjoyed the most about the role and what have you found most challenging?



Q2 Is there anything else you would like to learn, try or understand more about in your role?



The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



Q3 What skills have you learnt which will help you in your future career development?



Q4 Feedback from your mentor:



#MOVE WITH US

Ambassador offer



BECOME A MOVE WITH US AMBASSADOR!

Have you heard of our ambassador opportunity helping to enhance your skills further and support young people to find an activity they love? As an ambassador, you will get the chance to put forward your ideas and thoughts around how we can ensure more young people feel positively towards sport and physical activity.

Scan the QR code to read more about our ambassador offer and apply!



www.activeessex.org

